

Martial Arts



All Star Karate & Self Defense

Do you want a break from your usual routine and get involved in something that's fun, exciting, and challenging? In our martial arts classes, participants will practice priceless self-defense skills and valuable character development lessons. You'll have a great time in our positive "Yes, I can" classroom, earning rewards for achievements, and making new friends.

When: Tuesdays 4:30-5:15 All ages & ranks
Thursdays 4:30-5:15 Kinder Kicks 5 & Under
4:30-5:15 White Belts 6 & Older
5:15-6:00 Yellow Belts
5:15-6:00 Orange Belts
6:00-6:45 Purple Plus
6:00-6:45 Basic Self Defense for Women 14 & Older
Friday 10:00-10:45 Kinder Kicks 5 & Under



Cost: \$40 per month

\$210 for 6 months going to class one day a week/\$330 for going to class twice a week

\$420 for 1 year going to class one day a week/\$660 for going to class twice a week

Instructor: Hanshi Darren Cox 815-5425

Call Darren about how you can attend a class for FREE!!!

Kendo

Kendo is a fascinating and interesting way to exercise. This is a great way to gradually get back into shape. Kendo is an excellent way to relax our bodies and gain emotional confidence. This program fosters an appreciation and respect for others, our teachers, training partners, family members and our community. This leads to self discovery, self respect and a feeling of self worth.

When: Tuesdays 7:00-9:00 PM
Fridays 7:00-9:00 PM

Cost: \$50.00 per month

Other Info: One time fee of \$30 for a bamboo stick which will be made out to the Instructor.

Instructor: Jin Kang 915-6265



Register at the South Jordan Recreation Center (10866 S. Redwood Rd) or online at www.sjc.utah.gov. All classes will be held at the South Jordan Recreation Center. For questions about the classes or registration call 253-5236.

Martial Arts Registration Form



Participant Name: _____

Address _____ City _____ Zip _____

Home Number _____ Work Number _____ Cell Number _____

Emergency Contact (other than above) _____ Phone Number _____

E-Mail Address _____

Participant Name					Program Name	Fee
First	Last	Sex	Birth Date	Grade	Class	\$\$
					TOTAL FEE	

Refund Policy

1. Program cancellation due to lack of enrollment: You will be notified and offered an alternative choice if one is available. If no other choice is available, a full refund will be issued within 30 days. The Parks and Recreation Department reserves the right to cancel, postpone, combine, change locations, or change instructors as needed.
2. If participant wishes to cancel or fails to participate in a program: He/she must notify the Recreation Department BEFORE the closing date of the program registration in order to receive a refund. No credits or refunds will be given after that time. However, medical conditions will be handled on a case-to-case basis.
3. Program fees **Will Not** be prorated based on missed or forfeited classes.

RELEASE, INDEMNIFICATION & HOLD HARMLESS:

The undersigned recognizes and acknowledges that there are certain inherent hazards and risks connected with activities and programs of the South Jordan Parks & Recreation Department. The undersigned hereby (1) knowingly and voluntarily assumes full responsibility for such risks and hazards and, (2) agrees that I am bound by all terms and conditions of the South Jordan City rules and procedures. The undersigned is aware of the content of the programs and activities of the Parks & Recreation Department and hereby represents that the undersigned is physically, mentally and emotionally fit and capable of safely participating in such programs or activities. I agree as a condition of participation in programs or activities of the Parks & Recreation Department to release, defend, indemnify and hold harmless South Jordan City, its officers, agents, employees and volunteers harmless from and against any and all loss, judgments, damage and expense incurred by reason of any claim or liability based upon (1) personal injury (including death) or property damage to any person arising out of the negligent or intentional action of the undersigned, or (2) personal injury (including death) or property damage to the undersigned, except to the extent that such injury or damage is directly caused by the negligent acts or omissions of South Jordan City, its officers, agents, employees or volunteers.

Signature _____

Date _____

For city use only: Date _____ Payment _____ Initials _____

Check # _____